



Midway YMCA

GYM/Flex A SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00	Open Gym 5am-8am	Open Gym 5am-8am	Open Gym 5am-8am	Open Gym 5am-8am	Open Gym 5am-8am	CLOSED	CLOSED
5:30							
6:00							
6:30							
7:00							
7:30	Pickleball 8am-12pm	Pickleball 8am-12pm	Pickleball 8am-12pm	Pickleball 8am-12pm	Open Gym 7am-445pm	Open Gym 7am-445pm	
8:00							
8:30							
9:00							
9:30							
10:00	Open Gym 12pm-3pm	Open Gym 12pm-3pm	Open Gym 12pm-3pm	Open Gym 12pm-3pm	Open Gym 7am-445pm	Open Gym 7am-445pm	
10:30							
11:00							
11:30							
12:00							
12:30	YMCA Programming 3pm-5pm	YMCA Programming 3pm-5pm	YMCA Programming 3pm-5pm	YMCA Programming 3pm-5pm	Open Gym 7am-445pm	Open Gym 7am-445pm	
1:00							
1:30							
2:00							
2:30							
3:00	Open Gym 5pm-845pm	Open Gym 5pm-845pm	Open Gym 5pm-845pm	Open Gym 5pm-845pm	CLOSED	CLOSED	
3:30							
4:00							
4:30							
5:00							
5:30	Open Gym 5pm-845pm	Open Gym 5pm-845pm	Open Gym 5pm-845pm	Open Gym 5pm-845pm	CLOSED	CLOSED	
6:00							
6:30							
7:00							
7:30							
8:00	Open Gym 5pm-845pm	Open Gym 5pm-845pm	Open Gym 5pm-845pm	Open Gym 5pm-845pm	CLOSED	CLOSED	
8:30							
9:00							

Gym Schedule is subject to change